

WINNIPEG metro®

NEWS
WORTH
SHARING.

FANTINO BOOTED OFF PORTFOLIO

HARPER QUIETLY ENDS
CONTROVERSY-PLAGUED
TENURE OF VETERANS
AFFAIRS MINISTER **PAGE 6**



Aboriginal stories told through comics

Winnipeg artists collaborate on a
unique collection showcasing
indigenous communities **PAGE 4**

Indonesia's air safety criticized

Transportation ministry announces
crackdown in wake of AirAsia crash **PAGE 7**

Resolving to boost health

A look at natural food trends,
plus tips for a post-holiday
cleanse **PAGES 12 & 13**



GOLDEN BOYS

Team Canada's Anthony Duclair celebrates his goal against Team Russia during the first period of the gold-medal game at the IIHF World Junior Championship in Toronto on Monday. For more coverage, see page 14. FRANK GUNN/THE CANADIAN PRESS

Riverwalk in the works for St. B

Part of a \$4M plan.

The project includes
walkways, public art,
gardens and a plaza at
the Taché dock

Quoted

"We'd have the best view of the city with that tree-top lookout overlooking The Forks, the Canadian Museum for Human Rights and the Esplanade Riel."

St. Boniface Coun. Matt Allard, who suggested the development could become a major tourist draw.

COLIN
FAST
winnipeg@metronews.ca

Visitors to St. Boniface might soon be able to scale a tree-top lookout for a stunning view of downtown if a proposal for a new riverbank development gets council approval.

The viewing platform is part of a \$4-million plan to build the Taché Promenade along the east side of the Red River, opposite from The Forks.

The project will also include walkways, public art, gardens and a plaza at the Taché dock.

"We'd have the best view of the city with that tree-

top lookout overlooking The Forks, the Canadian Museum for Human Rights and the Esplanade Riel," said St. Boniface Coun. Matt Allard, who suggested the development could become a major tourist draw.

"St. Boniface is the next great place in Winnipeg," added Shawn Brandson of the Provancher BIZ.

"Creating this loop from The Forks, across the river and along Taché, would tie together the assets of the area and highlight the history," he said.

At its meeting on Monday, the city's downtown development committee agreed to forward the Taché Promenade for consideration in the 2015

capital budget.

Allard said he's confident city council will see the benefits of the project.

"A lot of this is basic infrastructure work, like riverbank stabilization, that we need to be doing anyway," he explained.

"And we'll also be looking to other levels of government for support."

The project already has a \$1-million commitment from the Winnipeg Foundation to help pay for the tree-top lookout, while the Winnipeg Arts Council has committed \$200,000 for a sculpture to commemorate the role of the Grey Nuns in building St. Boniface.

Move Forward with a Diploma in
Logistics & Supply Chain Management

Our next program starts January 19th, 2015.
Call 204.926.8389 or visit robertsoncollege.com/logistics





"I just got damn well fed up with being formal all the time."

Harry's Winter Sale

NOW 50% OFF

Select seasonal merchandise*

Further markdowns to 50% have been taken on selected designer collections and select groups of sports jackets, dress shirts, sweaters, sport shirts, knitwear, ties, scarves, gloves, loungewear and robes. Shop in-store and online.

HARRY ROSEN

HARRYROSEN.COM

*Not all merchandise on sale. We charge for alterations on sale merchandise; hems on bottoms are complimentary. For Silver, Gold, Platinum and Platinum Elite clients of our Sartoria Recognition Program, all alterations are complimentary.

Manitoba drivers wait up to 16 hours for help

Long boost, tow wait times. Drivers need to plug in their cars to avoid roadside breakdowns: CAA Manitoba



SHANE GIBSON
shane.gibson@metronews.ca

With temperatures in Winnipeg falling to what weather scientists would likely describe as really, really, really cold, CAA Manitoba has some key advice for drivers — and it's nothing new.

Unless you've got hours to wait for a boost or a tow, CAA spokesperson Angèle Young said Winnipeggers should plug their vehicles in when not on the road.

"I don't know if everyone's still in denial that winter might not come, but it is here, so we have to deal with it," said Young Monday — a day that saw the wait for a boost from CAA hit upwards of 16 hours. "Plug it in, plug it in."

"That is single-handedly the easiest thing that you can do to make sure that your car starts every morning."

Once the mercury drops to -18 C it's time to start plugging in, explained Young, or if that's not an option, drivers should bundle up, head out into the cold and start their cars at least once a day if they're going to be sitting over the weekend.

Young said a combination of cars sitting unplugged for days and overnight temperatures that fell to nearly -40 C with the wind chill over

Quoted

"Cars are dead and are requiring tows, and tows require a lot more time. We have all (our) staff working."

CAA spokesperson Angèle Young. She said CAA have a network of contractors from across Manitoba, but there aren't enough tow truck drivers to satisfy demand.

the weekend ended up killing batteries and made Monday the busiest morning CAA's drivers have seen since December 2013.

"Cars are dead and are requiring tows, and tows require a lot more time," she explained of the wait.

"We have all staff working.... We have a network of contractors from all over Manitoba inside the city helping us out, but there's not enough tow truck drivers in the province of Manitoba to service everyone in an hour or so.

"It's just the reality of it being really cold outside."

In other advice you've probably heard before — but not everyone heeds — both the Winnipeg Police Service and Manitoba Public Insurance remind drivers not to leave idling cars unattended, which believe it or not makes them easy targets for thieves.

Easy targets for theft

Nearly 200 trucks and cars were stolen in December and January last year because keys were either left in the ignition or elsewhere in the vehicle.



CAA Manitoba had simple advice for drivers on a Monday morning that saw some waiting up to 16 hours for a boost or a tow: Plug in your vehicle to ensure your car starts when you need it to. SHANE GIBSON/METRO

Frozen pipes. Two health centres flooded in 2 days

A second health centre run by the Winnipeg Regional Health Authority has been shut down due to flooding in as many days after heating coils froze and then burst at the ACCESS Downtown centre Monday.

Unlike Sunday's leak at ACCESS Winnipeg West, a release from the WRHA said in this case damage was "significantly contained" on the first and second floors of the build-

ing at 640 Main St. because staff acted quickly when water began leaking around 2 p.m.

ACCESS Winnipeg West at the Grace Hospital, on the other hand, suffered "significant damage" and has been closed indefinitely.

ACCESS Downtown employees have been relocated to temporary work locations downtown. Both leaks are under investigation. **METRO**

Luke Bryan

Country singer to crash city's party

American country singer-songwriter Luke Bryan is coming to Winnipeg. A stop at MTS Centre was added Monday to Bryan's recently extended That's My Kind of Night Tour. Tickets are \$49.75 and \$79.75 and go on sale Friday at 10 a.m. at all Ticketmaster outlets and online at livenation.com.

METRO

Provincial elections

Manitoba date pushed to 2016

Manitoba voters will be going to the polls on April 19, 2016.

Elections Manitoba says the province's fixed election date was changed from October 6, 2015, to avoid conflict with the federal election. Voters are expected to go to the polls in October in the federal election. **THE CANADIAN PRESS**

'Very controversial'

Dog park deemed too late for budget

At Monday's development committee meeting, city staff said dog parks are "very controversial" and claimed it was too late to proceed with a fenced-in dog park downtown as part of the 2015 budget cycle. No word yet on whether the mayor plans to release the hounds to get administration to speed up the project. **COLIN FAST/METRO**

TRANSIT TUESDAY

Weekly Transit News Update

NEW MILLENNIUM LIBRARY SERVICE CENTRE NOW OPEN

Winnipeg Transit's Millennium Library customer service centre, located at 251 Donald St. (corner of Graham and Donald) is now open. Service hours are Monday to Friday, 8:30 a.m. to 4:30 p.m.

CONVENIENT DART SERVICE

Try Dart, the "Dial-A-Ride Transit" service for residents living in selected areas of south and southeast Winnipeg. DART buses only operate during off-peak hours and are cellphone equipped. Call 204-287-3278 (BUS-DART) and speak directly to the bus operator to arrange pick-up from your home to/from a transfer connection. Please call well in advance of your trip. All rides are scheduled on a first-come, first-served basis. Visit winnipegtransit.com or call 311 for more information.

GET INTO THE DOWNTOWN SPIRIT

The next time you and your friends are planning lunch at your favourite downtown restaurant, don't forget about the Downtown Spirit. Winnipeg Transit's free shuttle service is a great way to travel to Winnipeg's most popular downtown destinations. There are three Downtown Spirit routes to serve you. For complete route and schedule information, visit winnipegtransit.com or call 311.

GET MOBILE WITH BUSGUIDE

BUSguide is the mobile version of Winnipeg Transit's award-winning website. Get the same great features and information in a format that is optimized for Internet-enabled mobile devices. For more, go to m.winnipegtransit.com.

DID YOU LOSE OR FIND SOMETHING ON THE BUS?

Call 311 or visit Winnipeg Transit's lost property office at Winnipeg Transit's downtown service centre in Winnipeg Square.

PARK AND RIDE — AND RELAX

Simply park your car at a Park & Ride location near you and take the bus to your destination. You will enjoy the convenience and probably save a few bucks in gas while you're at it. Visit winnipegtransit.com for more information about the Park & Ride service.

SAVE SOME GREEN WITH AN ECOPASS

Talk to your HR rep about getting an EcoPass at your workplace. You and your fellow employees could save from five to 100 per cent on transit. Visit Winnipeg Transit's website for more information.

EcoPass



Get to work on it!

winnipegtransit.com

Comic book to focus on aboriginal storytelling

Moonshot: The Indigenous Comics Collection. Kickstarter campaign hopes to raise \$54,000 for project with release date of June 2015

ADRIANA MINGO
For Metro

A collection of Winnipeg artists, writers and an editor are currently collaborating on a unique aboriginal comic book collection.

Moonshot: The Indigenous Comics Collection, from Toronto-based publisher Alternate History Comics (AHC), is a 200-page collection of artwork, prose and storytelling. The book features more than 24 contributors from writers and artists across North America, including Winnipeggers George Freeman, Scott Henderson, Nicholas Burns, David Robertson and editor Hope Nicholson.

Nicholson said she spent a considerable amount of time trying to incorporate as many indigenous writers and artists in the project as she could.

AHC president Andy Stanleigh said the comic book strays away from all of the stereotypes, negativity and cultural appropriations commonly seen in the media and instead focuses on aboriginal storytelling as a celebration.

"The aboriginal, indigenous, Inuit and Cree, their



The cover of Moonshot: The Indigenous Comics Collection from Alternate History Comics Inc., which will focus on aboriginal storytelling as a celebration. ARTWORK PAINTED BY STEPHEN GLADUE (COVER OF BOOK)

communities and their peoples have this huge rich heritage of storytelling that comes from their ancestors," said Stanleigh.

"They're kept within the community and you don't get to see a lot of the beautiful things involving the community, the spirits and the ancestors. Being able to flesh that out and display it as sort of celebration of storytelling is what the main theme of the book is about."

The book is currently the

subject of a Kickstarter campaign, which set a goal of \$54,000 and runs until Jan. 13 with a projected release date of June 2015.

The campaign and book information can be found at moonshotcollection.com.

Winnipeg man accused of letting mom, 90, die after fall gets bail

A musician who is accused of letting his 90-year-old mother die on the floor after she fell has been granted bail following an outpouring of support from Winnipeg's music community.

Ron Siwicki has also been ordered to undergo a psychiatric assessment.

Dozens of supporters attended his bail hearing in a Winnipeg courtroom Monday. The frail-looking man, who is 62, quietly wept and stared at the floor as details of his mother's death were discussed.

Evidence presented at the hearing is under a publication ban.

Siwicki's lawyer, Mike Cook, said the decision came as a relief. "He's in a state of shock," Cook said outside the courtroom.

"To lose a parent is a horrendous thing at any point in your life. Then to be accused of being at fault for the passing of your parent — and then to be detained in the remand centre — is just the most horrendous thing ... that could happen to an individual."

Cook told The Canadian Press before the hearing that police custody was the "worst possible place" for Siwicki, who has been left "grieving with strangers." He said Siwicki was a doting son who is completely devastated.

Cook told the news agency that Siwicki was complying with his mother's wishes when she fell out of bed in mid-December.

She didn't want medical attention, so he fed her nutritional drinks until she died. He then called 911, the law-

yer said.

Siwicki has been in custody since being charged with criminal negligence causing death and failing to provide the necessities of life.

The case is rare, Cook said, because the charges usually involve parents who don't get their children medical attention. Siwicki's mother lived with him and the outcome could have a broader significance as more people care for their aging parents and relatives at home, Cook suggested. **THE CANADIAN PRESS**



A flu shot is administered in Barre, Vt., on Nov. 18, 2004. THE CANADIAN PRESS/THE ASSOCIATED PRESS

Flu season in full swing

Feeling sick? You might have the flu. Experts answer questions about viruses and vaccines

Health authorities were warning all fall that this could be a bad flu season, because of the type of virus that is most commonly infecting people and the fact that this year's flu vaccine doesn't offer optimum protection against it.

Other viruses are circulating too, adding to the general confusion about what influenza actually is and how much of the illness being seen at the moment is due to flu viruses.

We asked some experts what they are seeing this flu season:

Is this year worse than other recent years?

This seems to be shaping up to be a pretty active influenza season. It started early, with a lot of virus around in December. Flu seasons that start to pick up before Christmas can take off, because the multi-generational mixing at family gatherings is a perfect way to transmit influenza.

But when flu peaks over the holidays, a few factors can combine to make it seem like there is a lot of it around.

Hospitals operate with reduced staffing levels over the holidays — doctors and

nurses want time off too — so it doesn't take much to stress the system, suggests Dr. Allison McGeer. McGeer, who heads infection control at Toronto's Mount Sinai Hospital, says so far this year, influenza rates seem to be on par with last year's, though the season peaked a little later in 2013-14. The numbers are worse than two years ago, but better than three seasons ago in terms of hospital admissions for influenza thus far, she says.

Is there something different about this flu season? Isn't there a virus circulating that isn't in the flu vaccine?

The flu shot has an H3N2 component in it. But when experts

met last February to select the strains for this year's flu shot, a particular type of H3N2 was dominant. Since then, new varieties have emerged.

Even in the best years, flu vaccine doesn't offer complete protection.

So a vaccine mismatch doesn't mean these viruses are more dangerous?

In a word, no. H3N2 viruses are especially hard on a vulnerable portion of the population: older adults. And the ones circulating now are different enough that more people may be at risk of infection. But the viruses aren't inherently more dangerous.

THE CANADIAN PRESS

T.O. illustrator sends drawings of missing aboriginal women to PM



Evan Munday's illustration of Elaine Frieda Alook. TWITTER.COM

A Toronto illustrator has started drawing portraits of missing or murdered aboriginal women and plans to send a new one to Prime Minister Stephen Harper every day to bring more attention to the issue.

"Let's make it higher on his radar. Let's make it higher on everyone's radar," Evan Munday, 34, said in a telephone interview after he launched the project on Twitter Monday.

Chosen largely at random from an online RCMP database, the subject of his first portrait posted to Twitter is

missing woman Elaine Frieda Alook.

The mother of four was 35 years old when she was last seen outside Fort McMurray, Alta., on May 11, 2004. The RCMP estimated last year that nearly 1,200 aboriginal women and girls have been murdered or gone missing in Canada in the past three decades.

Munday said the idea grew out of a similar art project he did for the 25th anniversary of the École Polytechnique massacre last month, posting to Twitter his ink-drawn portraits

of the 14 women killed in Montreal on Dec. 6, 1989.

"It made me want to do something more because I realized that people think that happened 25 years ago, but no, it's still happening every single day and it's happening especially in Canada's indigenous community," Munday said.

Munday noted that while Harper may never acknowledge the illustrations being directed to his official Twitter account, his efforts may help raise awareness among other Canadians. **TORSTAR NEWS SERVICE**

MxM

sports nutrition

www.musclesbymeysers.com

483 William Ave. (204) 943-1466



Winnipeg's Muscles by Meyers is Canada's longest serving Sports Supplement retailer. We offer numerous competitively priced Nutritional Supplements and Natural Health Products.

Green Tea – Drink Up, it's Cold Season

One of the most underrated and overlooked health products on the market could be the most effective answer to not only this year's cold and flu season but also for long term health concerns. Green tea has been shown to have a long list of health benefits ranging from disease prevention to weight loss.

The key components of green tea are the powerful antioxidants it possesses, the most powerful of which, is the antioxidant EGCG. EGCG, along with a variety of other antioxidants, protect cells and molecules from damage that causes health problems. Green tea has been shown to lower the risk of cardiovascular disease as well as the risk of developing type II diabetes. There is also some indication that green tea may help destroy cancer cells.

There is also a performance advantage to green tea. EGCG enhances fat-burning by keeping the metabolism high while protecting the heart and other organs (including muscle) from damage. This can reduce soreness and fatigue which can help you get back in the gym quicker and recover faster in the long run.

It's near impossible to drink enough green tea to get the amount of EGCG needed to take full advantage of all green tea's health benefits, so supplementing with the extract is the best option. To enhance fat-burning and muscle recovery, a green tea extract supplement that is standardized for EGCG is needed. Most green tea supplements from drug stores and grocery stores are not. Muscles By Meyers has Pharmaceutical Grade Green Tea Extract, and all of your health care needs!

Muscles by Meyers

\$5 off* \$25

ANY PURCHASE OR MORE

*Expires January 20, 2015. Not to be combined with any other offer.

New Year's Seat Sale.*

Start 2015 with great savings.

Sale ends January 11.
Book today at westjet.com
or call your travel agent.

WESTJET

*Some restrictions apply.

Feds seek to stop long-term expats from voting

The right of long-term expats to vote in federal elections goes before Ontario's top court Tuesday, as Ottawa fights a ruling that struck down part of Canadian voting laws.

Barring Canadians from voting — in this case those who have lived abroad for more than five years — is a justified restriction in a free and democratic society, the government argues.

In May last year, Ontario Superior Court Justice Michael Penny ruled parts of the Canada Elections Act were unconstitutional.

Ottawa insists non-resident Canadians need to have a "direct and meaningful" connection to Canada and their ridings in order to vote.

As such, it began enforcing the five-year rule under which long-term expats could only regain the right to vote by resuming residency in Canada.

Two Canadians living in the United States launched the constitutional challenge after being denied a ballot in the 2011 federal election: Montreal-born Jamie Duong, 31, of Ithaca, N.Y., and Toronto-born Gillian Frank, 36, of Princeton, N.J., argued they had only left Canada for educational and employment opportunities.

Both said they — along with many other expats — still have a strong attachment to Canada.

"Five years is an arbitrary limit which has no bearing on a citizen's connection to Canada," they argue in their factum.

THE CANADIAN PRESS

Border agency

Blaney praises most-wanted list

The Canada Border Services Agency's most-wanted list has helped to track down several dozen dangerous criminals since 2011, Public Safety Minister Steven Blaney said Monday.

The program led to 59 individuals being located in Canada, with 51 of them being removed from the country. Another 17 individuals were located abroad.

The federal minister also credited Canadians who called a special border watch phone line with helping the CBSA.

THE CANADIAN PRESS



Julian Fantino leaves Rideau Hall in Ottawa on Monday after being relieved of his post as minister of Veterans Affairs and demoted to associate minister of defence. SEAN KILPATRICK/THE CANADIAN PRESS

O'Toole appointed to Veterans Affairs

Fantino ousted. Julian Fantino's term in Veterans Affairs marked by controversy, scandal

After an 18-month tenure marred by controversy, confrontation and cries of incompetence, Julian Fantino has been booted out of the Veterans Affairs portfolio and demoted to his old job as a junior minister.

In a quiet ceremony Monday at Rideau Hall, Prime Minister Stephen Harper replaced Fantino with Erin O'Toole, a southern Ontario MP and former member of the Royal Canadian Air Force who was elected to the House of Commons in a 2012 byelection.

On the night of last year's infamous televised showdown between Fantino and angry veterans, one of those sent in ahead of time to smooth the way was O'Toole. Prior to the confrontation, O'Toole, two

other Conservative MPs and Fantino's chief of staff met with the group of ex-soldiers, but failed to ease the concerns of the veterans, who were upset over planned office closures.

As recounted by some who were in the room, the encounter is instructive for the veterans community, which is wondering whether O'Toole's fresh face will actually mean a fresh approach in a department that has become a political liability for the Conservatives in the run-up to this year's election.

Fantino, a tough-talking former police chief who represents the strategically important riding of Vaughan, north of Toronto, remains at the cabinet table as associate minister of defence.

But repairing the political damage of his 18-month tenure, which was marred by controversy, confrontation and cries of incompetence, will fall to O'Toole, who has been a frequent, articulate defender of the government's policy in both

the House of Commons and in the media.

A spokesman for the Royal Canadian Legion says the minister won't need extensive briefing, given that he is a veteran and has been active on the file — most notably as an organizer of a Parliament Hill event last spring meant to raise awareness of post-traumatic stress.

Others, such as Mike Blais of Canadian Veterans Advocacy, were doubtful the shuffle would allow the government to rebuild its bridges with veterans, a political constituency important to the Conservatives.

NDP Leader Tom Mulcair said O'Toole could make a fresh start by reopening the nine Veterans Affairs offices boarded up last year as part of the department's reorganization.

Liberal veterans critic Frank Valeriote expressed sympathy for Fantino, describing him as a "good soldier" who had to deliver the same old "sour message" from the Prime Minister's Office. THE CANADIAN PRESS

Suspension not enough: Protester

Dalhousie University's decision to suspend 13 male dentistry students who allegedly belonged to a controversial Facebook group from all clinical activities has incited anger with some on campus.

President Richard Florizone, accompanied by the dean of the faculty of dentistry, Thomas Boran, announced the suspension Monday, which was originally decided on Dec. 22.

"The comments made in the Facebook group by some of our fourth-year male dentistry stu-

dents were deeply offensive, degrading to women and entirely unacceptable," Florizone said during a press conference.

Suspending the men from all clinical activities is part of an ongoing investigation into the incident, Florizone said.

Students belonging to the Facebook group Class of DDS 2015 Gentlemen's Club had allegedly posted a series of sexually violent comments against women, including a poll of female classmates they'd like to have "hate" sex with and jokes

of drugging women.

But suspension is not enough, says Rach Klein, who was one of more than a hundred students and community members participating in a protest following the announcement on the Dalhousie campus, calling for the men to be expelled.

Florizone said he's not ruling out the possibility of expulsion, but emphasized university administration must follow a fair and just process to determine the proper course of action.

STEPHANIE TAYLOR/METRO IN HALIFAX

Indonesia's air safety scrutinized

AirAsia crash. Weather still hampering search for Flight 8501

Highlighting the depth of Indonesia's air-safety problems, the transportation ministry announced harsh measures Monday against everyone who allowed AirAsia Flight 8501 to take off without proper permits — including the suspension of the airport's operator and officials in the control tower.

Also, the routing permits of all airlines flying in the country will be examined to see if they are violating the rules, said Djoko Murjatmodjo, acting director general of air transportation. "Who knows if other airlines are also doing the same thing?" he said.

The crackdown comes as searchers continue to fight bad

weather while combing the Java Sea for bodies and wreckage of the Airbus A320 that crashed Dec. 28, killing all 162 passengers and crew on board.

The plane was travelling between Surabaya, Indonesia's second-largest city, and Singapore on a Sunday. Officials have since said its permit for the popular route was only for Monday, Tuesday, Thursday and Saturday and that AirAsia quietly switched three of those days. Officials in Singapore, however, have said the plane was authorized to fly on Sundays from its end.

Applications for specific routes take into account issues including air-traffic rights and airport takeoff and landing slots. While the airline is being investigated, Indonesia has banned all AirAsia flights between Surabaya and Singapore.

THE ASSOCIATED PRESS



Florida becomes 36th state to allow same-sex marriage

Catherina Pareto, left, and her partner Karla Arguello celebrate on the courthouse steps on Monday in Miami after Circuit Court Judge Sarah Zabel lifted a stay on her July ruling that Florida's same-sex marriage ban violates equal protections under the U.S. Constitution. Judge Zabel provided a jump-start to Florida's entry as the 36th state where gays and lesbians can legally marry, saying she saw no reason why same-sex couples couldn't immediately get their licences in Miami-Dade County ahead of a midnight launch statewide.

WILFREDO LEE/THE ASSOCIATED PRESS

PEGIDA. Germans protest anti-Islam movement

The square around the Cologne Cathedral was plunged into darkness Monday evening after the historical landmark in western Germany shut down its lights in a silent protest of weekly rallies in Dresden against the perceived "Islamization" of Europe.

The symbolic act came as thousands of Germans demonstrated in Cologne and several other cities against

the ongoing protests by the group calling itself Patriotic Europeans against the Islamization of the West, or PEGIDA, which attracted its biggest crowd yet in Dresden on Monday night.

Cologne Cathedral provost Norbert Feldhoff told n-tv that shutting down the lights was an attempt to make the PEGIDA demonstrators think twice about their protest.

THE ASSOCIATED PRESS

Australia. Dozens hurt, homes lost in wildfire

More than two dozen homes have been destroyed or badly damaged and almost 30 people have sought medical treatment as a result of a massive wildfire that has raged out of control for days across farms and woodland in southern Australia, officials said Monday.

Hundreds of firefighters have taken advantage of milder conditions in recent days to attempt to contain the fire, which has razed 12,500 hectares of countryside northwest of the South Australia state capital Adelaide, State Premier Jay Weatherill said.

Since the fire started Friday, 29 people have been injured or hospitalized with conditions such as severe asthma, he said.

The only serious injury was a farmer who suffered suspected spinal injuries protecting his property, Network Ten television news reported.

THE ASSOCIATED PRESS

HURRY, ENDS JAN. 12

NO ENROLLMENT and JANUARY FREE



*Based on a 1 year membership. Must present coupon. See club for details.

EXPIRES JANUARY 12, 2015



A Strength in Winnipeg

20 years LOCALLY OWNED

CONVENIENTLY LOCATED
THROUGHOUT WINNIPEG!

www.shapes.ca



Netflix. VPN users being blocked, report suggests

Netflix says it hasn't changed its policy on users who try to access content licensed for streaming in other countries.

The policy is that users shouldn't be doing it.

It's widely known that Canadian Netflix users can access TV shows and movies licensed for the American market by using a free or subscription-based online service.

The popular tools mask a user's true location and trick Netflix — or other websites — into believing the user is actually somewhere else in the world, where different content is available to stream.

A news story on Torrent-Freak.com suggested that Netflix has recently begun cracking down on those location-altering services.

Netflix declined an interview request but released a statement saying it hasn't changed its policies on restricting access to content based on geography.

"Virtually crossing borders



to use Netflix is a violation of our terms of use because of content licensing restrictions. We employ industry standard measures to prevent this kind of use. There (haven't) been any recent changes to the Netflix VPN policy or terms of use," reads the statement.

A telephone poll with 2,002 anglophone Canadians commissioned last spring by the Media Technology Monitor found about 32 per cent of the respondents were Netflix subscribers.

About one in three of the Netflix users said they had figured out how to access content meant for U.S. subscribers.

The Media Technology Monitor poll was conducted by Forum Research between March 18 and April 19 of last year. The results are considered accurate within 2.2 percentage points 19 times out of 20.

THE CANADIAN PRESS

Netflix users in Canada

32%

A survey last spring found about 32 per cent of Canadian respondents were Netflix subscribers and one in three said they had figured out how to access content meant for U.S. subscribers.

Market Minute

DOLLAR
85.11¢
(+0.09¢)



TSX
14,392.70 (-360.95)



OIL
\$50.04 US (-\$2.65)



GOLD
\$1,204.00 US (+\$17.80)

Natural gas: \$2.93 US (-\$0.07)
Dow Jones: 17,501.65 (-331.34)



CES previews smart-home gadgets for Internet of Things

BeeWi wirelessly controlled lights are on display at CES Unveiled, a media preview event for the four-day CES International in Las Vegas that opens to the public Tuesday. The smart-home concept is known in tech circles as the Internet of Things. Current iterations primarily include our ability to control gadgets such as lights and security alarms or view data remotely through a smartphone app. At the gadget show in Las Vegas, manufacturers will promote more devices and functionality. Some gadgets will be able to talk directly with one another, not just to an app. JOHN LOCHER/THE ASSOCIATED PRESS

Report looks at the sunnier side of falling crude prices

Against the trend.

Drop threatens bottom lines of oil-producing provinces and federal government, many other experts say

Perhaps an era of cheap crude won't be so bad for Canada after all.

A Royal Bank of Canada report released Monday argues the financial blows of low oil prices on the Canadian economy could be more than cancelled out by the weaker loonie and additional consumer spending on both sides of the Canada-U.S. border.

Weakening oil sector

"Our current Canadian forecast assumes that both consumers and exporters will ... slightly more than offset the expected weakening in oil-sector investment."

Royal Bank of Canada report

celled out by the weaker loonie and additional consumer spending on both sides of the Canada-U.S. border.

Many other expert assessments have projected low crude prices to be a net negative for Canada.

The bank analysis pointed to a combined effect of three

"offsetting positive outcomes" from low-priced crude: a boost for the U.S. economy; the lower Canadian dollar's benefit to exporters selling to the stronger U.S. market, and more spending by Canadians thanks to cheaper fuel.

The RBC report said lower oil prices will have signifi-

cant impacts on government budgets in oil-producing provinces. But it argues these provinces — Alberta, Saskatchewan and Newfoundland and Labrador — have seen big increases in revenues from price increases in recent years, putting them on relatively strong footing to absorb the shocks of a prolonged decline.

Other provinces, meanwhile, are seeing benefits from the low crude prices in the form of cheap gasoline and the falling loonie, which is creating a better climate for their manufacturers and exporters. THE CANADIAN PRESS



LET US PUT A SMILE ON YOUR FACE!
(204)-947-1807
Room 702 Boyd Medical Centre
388 Portage Avenue

FULL & PARTIAL DENTURES • RELINES & REPAIRS WHILE YOU WAIT

Fewer Canadians expect to meet financial goals, new survey finds

A survey conducted for CIBC finds 65 per cent of Canadians ended 2014 feeling confident about reaching their current financial goals.

But that result, from the poll conducted by Nielsen, is down from 76 per cent in the same survey at the end of 2013 and is the lowest figure in five years.

Respondents aged 45-54 were the least confident, with only 58 per cent feeling upbeat about their financial goals, down from 77

per cent.

Only 61 per cent of Canadians aged 55-64 were confident about their current financial goals, down from 74 per cent in the most recent survey.

By comparison, 75 per cent of Canadians aged 25-44 said they are confident of achieving their financial goals, relatively unchanged from a year earlier.

CIBC also said 63 per cent of Canadians said they feel positive about their current

financial situation, down from 70 per cent in the survey a year earlier.

"We are seeing a real conflict among Canadians close to retirement, who are trying to balance their short-term need to reduce debt with the longer-term goal to save for the retirement they want," said CIBC executive vice-president Christina Kramer.

Nielson's telephone survey of 1,014 Canadians was conducted between Nov. 13-17. THE CANADIAN PRESS

VOICES

A DRIVE TO LIVE

Toronto-area man Mark Watkin lost his daughter Sarah to cancer a few months ago after doctors were unable to find a full match for a bone-marrow transplant. While the family is still coming to terms with their loss, Watkin shares why he believes swabbing drives are so important:

MARK WATKIN
readers@metronews.ca

"I love you bigger than forever and the moon and the stars in the sky. I'll be dreaming about you all night and all day and I'll be missing you every second until I see you again in the morning."

These are the good-night words I used to say with Sarah every night before bed, and now I say them to myself hoping that they reach her somehow.

Oct. 1, 2012, Sarah was a beautiful five-year-old girl with her whole life ahead of her. Her favourite colours were pink and purple because pink was mom's favourite colour and purple was dad's. She wanted us to know she loved us both equally. She had a little sister, Elizabeth, whom she just adored and who adored her. She loved to ride her bike and had just learned to rollerblade. She had a smile that we knew would one day break hearts. She was our first child, a miracle from our love for each other. Oct. 1 was the day our lives would change forever.

I remember being at Sick Kids and feeling relieved that they were going to figure out what was wrong with Sarah and make her all better. But then a young doctor came to us and told us that Sarah had cancer. Her life just flashed before our eyes. We wanted to take her and run, but there was

nowhere to go. We found out that Sarah had AML, an aggressive type of blood cancer. Her treatment would be long and intense. She would be in the hospital for about six months. Her prognosis was 50/50 — just a flip of a coin.

We fought the disease with chemotherapy, but a year after her diagnosis we were told a bone-marrow transplant was our only hope.

There was no match for Sarah on the national registry, OneMatch. Her new brother, Matthew, also was not a match, and neither was her sister Elizabeth. Our last chance was a half match from a parent, and in February she received a bone-marrow transplant from her mom.

We prayed every second of the day that she would pull through this. We knew that the odds weren't in our favour, and less than six months after the transplant, Sarah relapsed. Now there was nothing we could do to save her. Sarah was dying. Her prognosis: Weeks to months, maybe. How was this happening? What are we going to do? How can we save her? How can we let her go?

We had a new fight on our hands. How do we give Sarah a whole life in just weeks to months? We went to Disney World. We did indoor sky diving and riding on the back of motorcycles. We spent a lot of time at the cottage. We went to Casa Loma



Mark Watkin and his late daughter Sarah. FACEBOOK

dressed as princesses and had high tea. We had a lion cub come to the house and went to a zoo where Sarah pet an adult tiger. We tried to bring her as much joy as we could.

On Nov. 2, 2014, Sarah died in our arms at home in our bed, surrounded by love.

Swabbing Drives. Through our time at Sick Kids, we realized that we needed to do something to help all these children on the cancer floor. We started a Facebook page called Sarah's Drive for Hope. It was to encourage people to donate blood, and get on the bone-marrow list so people

could find their matches if their lives ever turned to tragedy like ours. It was a page of hope for others also fighting cancer. It was amazing; people from around the world began emailing our family with letters of appreciation of how Sarah's life taught them to be better people and some even to be better parents. We also realized that the bone-marrow donation age was 17-35, perfect for high-school students. We began calling local schools, and almost half of the region's schools ran successful swabbing drives. Sarah tried to attend many of them as we spoke to students

about how important getting on the registry could be and how easy it was: just a simple swab in your mouth. In the coming months we learned that four matches were found through Sarah's drives, and those people donated their stem cells. Someone out there now had hope.

The Future. We are trying to learn who our family is without Sarah. It's a struggle to move forward, and often we feel like it's one step forward and two steps back. We are enjoying learning who our other children are and seeing them thrive. We love seeing the smiles on their faces when they play with each other and we wish Sarah was here with us to enjoy them, too. Elizabeth asks to see Sarah all the time, but how do you explain what's happened when we barely understand ourselves?

What we do know is that swabbing drives *must* continue. There are so many people looking for a bone-marrow match, hoping for a chance at life. In the coming months, our family plans to complete an entire school district and swab at EVERY high school in York Region in the spring. The challenge is on. If you know a principal or teacher and want to do something good, contact Sarah's Drive for Hope or OneMatch to find out how to run a simple swabbing drive and save lives.

We will miss Sarah forever and a day.

'Like giving someone a second chance at life'



Stem-cell donor Danny Ho.
DAVID VAN DYKE/METRO



GILBERT NGABO
Metro in Toronto

Danny Ho's decision to be a stem-cell donor was prompted by a story he read a few years ago.

It was the story of a British man suffering from leukemia who was in his dying moments. His sister, who was identified as a perfect match, would not agree to donate her bone marrow to save his life.

"I couldn't believe it," said Ho, 27, who works as an education assistant for autistic children at Buttonville Public School. "I have two sisters. That story made me think that if one of them needed help, I would definitely donate stem cells to her."

Ho put his name up at OneMatch Stem Cell and Marrow Network, a specific division at Canadian Blood Services that recruits donors and

matches them with patients that need help with stem cells.

He went through various tests with the registry to make sure he was medically fit and fully committed to donate. On June 12, 2013, he spent about six hours at Princess Margaret Hospital, where his stem-cell donation was taken.

"It feels like giving someone a second chance at life," he said. "When I signed up, I knew I could be donating to somebody else, not necessarily my family member, so it's good for the patient and their family, too."

Ho is a perfect example of the demographic currently targeted by the OneMatch registry drive as potential donors.

MaryLynn Pride, transplant liaison specialist at OneMatch Stem Cell and Marrow Network, says there's currently an emphasis on recruiting donors from diverse back-

grounds.

"What we know from scientific research is that patients have a better chance at finding matches from donors within their diverse communities, particularly young males between the ages of 17 and 35," said Pride. "It really is about community giving back to community. We are mainly looking at the quality of the donors and what the demand is from patients."

On average, donors can wait as long as five years before finding a patient they match with.

"We need to increase the number of donors on the registry because the need for stem-cell transplants is huge and has been on the increase every year," said Pride.

"We're always trying to provide the highest quality possible of donors and we do know that those are young males from diverse background."

Understanding the need

- At any given time, close to 1,000 Canadians are waiting for a stem-cell match.
- Today, only 25 per cent of patients who need stem-cell transplants are able to find a match within their family.
- There are some 340,000 potential donors registered with OneMatch, three-quarters of whom are male.
- The process to donate stem cells can only begin when a match has been identified.
- You can help by joining Canadian Blood Services' OneMatch Stem Cell and Marrow Network.
- In honour of Sarah's life, Metro is holding a swab drive for our staff.



Star Media Group President John Cruickshank • Vice-President & Group Publisher, Metro Western Canada Steve Shroat • Vice-President & Editor-in-Chief, Metro English Canada Cathrin Bradbury • National Deputy Editor Fernando Carneiro • National Deputy Editor, Digital Quin Parker • Managing Editor, Winnipeg Elisha Dacey • Managing Editor, Canada, World, Business Matt LaForge • Managing Editor, Life & Entertainment Dean Lisk • Distribution Manager: Rod Chivers • Vice President, Content & Sales Solutions Tracy Day • Vice-President, Sales Mark Finney • Vice-President, Finance Phil Jameson METRO WINNIPEG 161 Portage Ave E Suite 200 Winnipeg MB R3B 2L6 • Telephone: 204-943-9300 • Fax: 888-846-0894 • Advertising: 204-943-9300 • adinfo@metronews.ca • Distribution: winnipeg_distribution@metronews.ca • News tips: winnipeg@metronews.ca • Letters to the Editor: winnipegletters@metronews.ca

Gossip

NED EHRBAR

METRO'S TAKE ON
THE WORLD OF
CELEBRITIES

Jennifer Aniston ALL PHOTOS: GETTY IMAGES

Aniston has Brad new attitude as she eyes Golden Globe prize

How do we know Jennifer Aniston is taking her bid for awards season glory seriously?

She's entertaining questions about ex-husband Brad Pitt.

Aniston is currently on the campaign trail for her Golden Globe-nominated performance in the indie drama *Cake*, and the rules of Hollywood state that you've got to play ball if you want a serious shot at some trophies. So Aniston sat down with CBS Sunday Morning, where reporter Lee

Cowan used the age-old trick of asking about how annoying it is when people ask about something as a ploy to ask about that thing without looking like you're actually asking about it. Sneaky, that one.

"The fact that it still follows you around — I mean, I'm divorced. It's got to be painful. I mean, I don't like when people bring it up. But people still do, right?" Cowan asked. And by people, he means himself, who just brought it up.

But Aniston is a pro: "I don't find it painful, though. I think it's a narrative that follows you because it's an interesting headline. It's more of a media-driven topic," Aniston responded.

And speaking of media-driven, Cowan — who clearly can't take a hint — followed that up with, "You guys still talk? You friends?" And kudos to Aniston for not rolling her eyes or just straight up punching him before replying. We'll see if the gambit pays off.

Matt Damon is a Patriot kind of Super Bowl guy

Good news, Patriots fans. Your team is going all the way this year. Because Matt Damon says so.

Damon was returning to Los Angeles this weekend when paparazzi stopped him at the airport to get his opinion on the current NFL season.

"Patriots are going all the way," he tells a TMZ cameraman. "I think there's a lot of good competition out there, but I'm a big believer in the Patriots."

So there you go.



Matt Damon



Ashton Kutcher and Mila Kunis

Kutcher, Kutcher, koo! Ashton, Mila kid you knot

New parents Ashton Kutcher and Mila Kunis got tabloid rumour-mongers worked up into a frenzy on New Year's Eve with a photo message on Kutcher's Facebook page with warm wishes from "the Kutchers," sparking speculation that they'd already secretly tied the knot. But don't worry, you didn't miss anything. Sources tell Radar Online that they "have not gotten married yet" and the

big day won't be happening until the summer.

"Ashton loves fooling people, and because they handle their own publicity, they are totally aware of how to manipulate the press," a source explains. "If they did get married, they are lying to a lot of people close to them about it."

I mean, that's not out of the realm of possibility, though, right?

Boxer schools Prince in the birds and the Biebs



It might be time to start worrying about Michael Jackson's eldest, Prince Jackson, who becomes a legal adult next month. And if Page Six is to be believed, he's already living a pretty adult life — including clubbing, juggling girlfriends and being generally bratty — thanks to a friendship with noted role models Justin Bieber and Floyd Mayweather, who "has been offering a lot of advice to Prince, including about women," a source says. Mayweather is also

Prince Jackson with his grandmother Katherine

supposedly behind recording sessions for a planned "major recording album" by Bieber and Jackson. That's right, a major recording album. Who knows, maybe it will lead to a significant performing tour or something.

Anyway, if you really want to start using rage instead of coffee for a pick-me-up, enjoy these details on the spending habits of 17-year-old Jackson, who receives a \$66,000 monthly allowance from his dad's estate. "He's looking at high-end cars like a Mercedes Maybach, a Rolls-Royce and Range Rovers, and he's buying expensive jewelry," the source says.

Ah, to be young.

Romeo beats out his dad for best-dressed Beckham

This must be pretty embarrassing. David Beckham landed on GQ's "50 best dressed men in Britain 2015" list, as expected — but he didn't rank nearly as high as 12-year-old son Romeo Beckham. David slipped in at No. 46, just behind Tom Hardy (and I'll wait a minute while your brain has fun with that sentence). But Romeo, oh Romeo, was ranked 25th.



David Beckham

Not too shabby for a tween, but then having a couple of Burberry campaigns under your wing doesn't hurt. The top spot went to Theory of Everything star Eddie Redmayne, with Benedict Cumberbatch in second, Fifty Shades of Grey star Jamie Dornan third and Arctic Monkeys frontman Alex Turner fifth.

Erasure's nod to ABBA celebrates their synth-pop roots

Music. Duo's latest album is a collection of dance anthems and introspective ballads

A year ago, Erasure released a Christmas album, but the duo's biggest surprise this year was a celebration of synth-pop's roots.

While performing at New York's Terminal 5 club on Dec. 30 and 31, singer Andy Bell announced that Erasure would play an old favourite for the first time in 20 years.

That song was a respectful cover of Voulez-Vous by ABBA, who in the 1970s pioneered the synth-pop sound of instantly danceable key-boards that was embraced a decade later by chart-topping, mostly British acts such as Erasure, Depeche Mode and the Pet Shop Boys.

The New Year's Eve concert was the final date of a four-month tour in support of the duo's 16th album, *The Violet Flame*, a collection of dance anthems and introspective ballads.

Opening the concert were two members of the Amer-

On the edge

Erasure's career has not been without experimentation, with Bell and Clarke bringing in long synthesizer solos, Gospel singers and even acoustic guitars. Last year's *Snow Globe* was among the most unusual — creating a synth-pop Christmas out of traditional carols and original songs.

ican synth-poppers Book of Love, which built a niche audience in the 1980s by

touring with Depeche Mode and — more significantly in retrospect — broke taboos of the era by openly discussing the AIDS crisis in the dance-club hit *Pretty Boys* and *Pretty Girls*.

Erasure has a large gay following, as Bell has long been open about his sexual orientation, even at a time when many other gay musicians stayed in the closet.

More recently, Bell has spoken out about being HIV-positive in an effort to build awareness about preventing the virus that leads to AIDS.

AFP



Erasure singer Andy Bell. AFP

Madonna, Marilyn Manson and Rihanna are just a few of the artists set to return with a new record in 2015. Here is our list of releases not to be missed this year.

scene@metronews.ca

Rihanna

The beloved Barbadian singer has largely kept secret the details of her next album, which her fans are calling R8.

The only thing known about this mysterious record is the year of its release: 2015.

However, the star indicated on Instagram that she is already working on the new album and even shared a musical excerpt.



5
albums not to
be missed

Madonna

The pop icon will return in March 2015 with *Rebel Heart*, several tracks from which have already leaked to the Internet.

Since Dec. 20, six tracks have been available for pre-order from the album, which was produced in part by Kanye West.



Muse

The British musicians announced their return to the studio on Instagram, confirming the arrival of a new record this spring. As Matthew Bellamy told NME, the sound is expected to be less experimental than the band's previous work.



Marilyn Manson

Last October, the provocateur and recording artist dropped the single *Third Day of a Seven Day Binge*, which is available for free download on his website.

The track sets the tone for his forthcoming album, *The Pale Emperor*, which will go on sale starting Jan. 19.

A few days later, on Jan. 21, Manson will begin promoting the new record on his *Hell Not Hallelujah* Tour.



U2

Last October, the Irish band told Q Magazine that their next album, *Songs of Experience*, was 70-per-cent finished.

Bono's band is known for its productivity, so it seems likely that this follow-up to *Songs of Experience* will be released at some point in 2015. The band will also head out on tour this year to promote its previous album, which was released for free on iTunes.

AFP



Cheers to a natural 2015

The Canadian Health Food Association's holistic nutritionist Michelle Book takes us through the top trends that health retailers, suppliers and health experts are buzzing about this year

IZABELA SZYDLO life@metronews.ca

Oils with fancy fats

Avocado oil is about to get a lot more attention. Avocados are touted for their healthy fats, but the extracted oil is rich in monounsaturated fats and vitamin E, which are crucial for healthy, radiant skin. Refined avocado oil is also excellent for cooking or sautéing. Another trendy oil is camelina, which is rich in mono- and polyunsaturated fats with a high proportion of heart-healthy omega-3s (as high as 45 per cent!). It is an oil-seed prized for its nutty and fresh taste, healthy properties and heat-resistant traits. Natural antioxidants, including Vitamin E, give camelina oil a longer shelf life than olive or other oils. It is excellent on salads and drizzled on grilled veggies. Other oils to keep an eye on include flaxseed and walnut oil.



Digestive health

When we have the right balance of good to bad gut bacteria it helps protect our gut lining, keeping it strong and reducing our chances of intestinal permeability (known as leaky gut). Leaky gut means bacterial toxins are passing into our body, which can lead to inflammation linked to weight gain, obesity and mental health issues. Many people think they are getting probiotics from yogurt, but only those that have "live and active cultures" on the label actually contain probiotics and, unfortunately, even when you eat this yogurt it is difficult to know exactly the quality, quantity and type you are consuming. Taking probiotics in a supplement form is the best way to ensure that you are getting enough and the correct strain for your individual health needs.



Pumpkin

Pumpkin has flown under the radar for a long time, but new studies are now linking it to heightened prostate and urinary tract health. Pumpkin seeds are rich in B vitamins, vitamin E, zinc and essential fatty acids. Pumpkin flesh is rich in nutrients including beta-carotene, a precursor to vitamin A, crucial for healthy

reproduction, immune system health and vision. The great thing about pumpkin is there are so many ways, beyond pumpkin pie, to use it. Mixing pumpkin oil and balsamic vinegar makes vinaigrette for salads, and pumpkin seeds are the perfect salad topper. Pumpkin is also becoming a great breakfast food, adding flavour to pancakes, waffles or smoothies while delivering an extra nutritional boost.



GMO labelling

GMO (genetically modified organisms) is a process that tinkers with the genetic material (DNA) to enhance specific traits. Most often, these are crops like corn, soy and canola, which are used in many processed food products. In plant species, these traits can include pesticide or pest resistance, drought resistance or nutri-

ent level enhancement. In 2015 we predict the demand for GMO labelling will continue to increase. In more than 60 countries, including Australia, Japan and all of the countries in the European Union, there are restrictions or outright bans on the production and sale of GMOs. In Canada, we are seeing an increase in consumers demanding to know where their food comes from and whether it has been genetically modified. It's still to be seen how this will impact legislation, but many companies are rising to identify their products as GMO-free.

Small screens have big impact on sleep

Children who have access to tablets or smartphones in their bedrooms get less sleep than children who do not have the devices with them at night, a US study said Monday.

The findings in the Jan. 5 edition of the journal *Pediatrics* show that having a so-called "small screen" within reach was slightly worse than a television set when it came to sleep deprivation in a group of 2,000 middle school kids.

Overall, those with access to smartphones and tablets got nearly 21 fewer minutes of sleep per night than children whose rooms were free of such technology, and they were more likely to say they felt sleep-deprived.

Those with a TV in the bedroom got 18 minutes fewer of slumber than kids without televisions in their rooms.

"Presence of a small screen, but not a TV, in the sleep environment, and screen time were associated

with perceived insufficient rest or sleep," said the study led by Jennifer Falbe of the University of California, Berkeley School of Public Health.

"These findings caution against unrestricted screen access in children's bedrooms."

Participants in the study included 2,048 Grade 4 and Grade 7 students enrolled in the Massachusetts Childhood Obesity Research Demonstration Study from 2012 to 2013. **AFP**

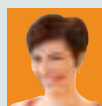


Small-screen devices impact sleep more than TVs. ISTOCK

This year, eat better by hitting the sauce

Theresa's tips

How to pick the best bottled condiments



NUTRI-BITES
Theresa Albert
DHN, RNC
myfriendinfood.com

Once upon a time we touted Europeans as folks who eat better because they cook from scratch. It's still true that they generally eat better than North Americans, but they don't have any more time than we do to get meals on the table. They simply demand top quality prepared foods and put them together seamlessly, healthfully and beautifully.

Among those prepared foods are cooking sauces, which have seen huge growth worldwide. Salsas, pickles and fermented products are cropping up in all sorts of

flavours and new combos. It is worth searching for jars full of nourishing ingredients rather than being duped by marketing labels such as "gluten free" and "GMO free." While both can be important considerations, they don't trump a list of fillers over real food. Look for:

- fruits or vegetables as a first ingredient;
- items that nutritionally enhance your, erm, bad habits (For instance, use sun-dried tomatoes to top otherwise nutrition-free pizza);
- items containing Greek yogurt for protein;
- ways to incorporate beans in any fashion;
- foods that have active probiotic cultures.

These days, home cooking often means "home mixing of jarred and canned goods to create something of a home-cooked meal." And that's OK, as long as the items are wholesome and best in class.



Look for prepared foods containing Greek yogurt for added protein. ISTOCK

Simple Salmon. Open some salsa and a tub of Greek yogurt for an easy weeknight meal

FLASH FOOD



From your fridge to your table in 30 minutes or less

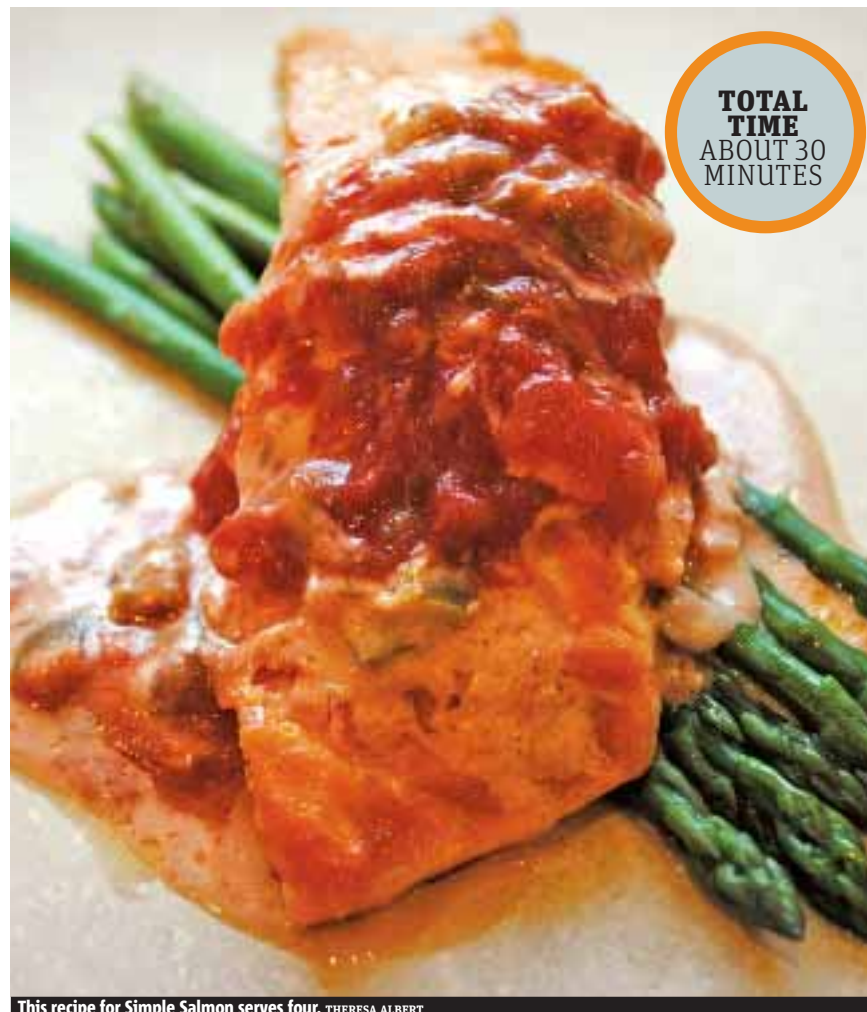
You want a lean, healthy, omega-3-loaded, simple two-step meal ready only 20 minutes after you come in the door? Of course you do! It's still January and your commitment to eat better is just as valid as it ever was. For this recipe, all you need is salsa, Greek yogurt, salmon and asparagus plus an oven or toaster oven and you're good.

Directions

1. Preheat oven to 400 F. Rinse asparagus and chop off any woody ends. Lay on a baking sheet, sprinkle with oil and roll to coat. Sprinkle with sea salt if desired. Place into oven on top shelf and bake asparagus until browned to

Ingredients

- 1 bunch asparagus
- 1 tsp extra-virgin olive oil
- 4 pieces fillet of salmon
- 1/2 cup salsa (any flavour, but I used PC black bean and corn salsa)
- 1/2 cup Greek yogurt



TOTAL TIME
ABOUT 30 MINUTES

This recipe for Simple Salmon serves four. THERESA ALBERT

your liking (5-15 minutes).

2. Place salmon in a baking dish large enough so the fillets don't touch. Mix together

salsa and Greek yogurt. Spread onto salmon and place uncovered in oven. Bake for 10-15 minutes depending upon thickness of salmon.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT WWW.MYFRIENDINFOOD.COM

Get a kick out of spicy udon noodles with shrimp

1. Bring a large saucepan of salted water to a boil.

2. While the water heats, in a blender combine the peanut butter, ginger, vinegar, soy sauce, water, garlic and black pepper. Blend until smooth. The peanut sauce should be thick, but pourable. If the sauce is too thick, add a couple of tablespoons of additional water and blend again. Taste, then add hot sauce to your desired heat preference, blending again. Set aside.

3. In a large skillet over medium-high, heat 2 tablespoons of the oil. Add the onion and peppers, then cook until just tender, about 5 min-

utes. Transfer to a plate and set aside. Reserve the skillet.

4. Add the udon noodles to the boiling water and cook for 2 minutes, or until just barely cooked. The noodles should still be a bit firm. While the noodles cook, return the skillet to medium-high heat and add the remaining 2 tablespoons of sesame oil. Drain the noodles well and add them to the hot skillet. Stir-fry the noodles for 2 minutes.

5. Add the shrimp to the skillet and continue to cook, stirring constantly, until the shrimp are just pink, about 5 minutes. Return the onion and peppers to the skillet and

Ingredients

- 1 cup natural peanut butter
- 1-inch chunk fresh ginger
- 1/4 cup rice vinegar
- 1/4 cup reduced-sodium soy sauce
- 1/4 cup water
- 1 clove garlic
- 1/4 teaspoon ground black pepper
- Hot sauce, to taste
- 4 tablespoons sesame oil,

divided

- 1 large yellow onion, thinly sliced
- 2 large red bell peppers, cored and thinly sliced
- 8-ounce package udon noodles
- 1 pound shelled raw shrimp, patted dry
- 1/2 cup chopped peanuts
- 2 scallions, green and white parts, thinly sliced

toss until heated. Remove the skillet from the heat, then pour in a liberal amount of peanut sauce (use as much or as little as you prefer), using

tongs to toss the ingredients until well coated. Divide between serving plates, then top with peanuts and scallions. THE ASSOCIATED PRESS



This recipe for Fried Udon Noodles with Shrimp and Spicy Peanut Sauce serves four. THE ASSOCIATED PRESS



Canada's Connor McDavid breaks away from Russia's Dmitri Yudin and Ziat Paigin to score a goal during the gold-medal game of the world junior championship in Toronto on Monday night. STEVE RUSSELL/TORSTAR NEWS SERVICE

Canada outpaces Russia to grab gold

World juniors. Home team claws its way to narrow victory in championship game

Canada's gold-medal drought at the world junior championship is over, but the final step wasn't easy.

After building a four-goal lead, Canada held on through a thrilling and nerve-wracking third period to beat Russia 5-4 on Monday night in Toronto and capture the nation's first

Gold-medal game

5

Canada

4

Russia

gold in the tournament since 2009.

Canada scored on its first shift, chased Russia's starting goaltender less than three minutes in and ignited the red-and-white-filled crowd of 19,014

that began to celebrate in the second period. When Russia chipped away, Canada's veteran bunch found its first trouble of the tournament but survived to avoid what would've been one of the more memorable collapses in history.

Anthony Duclair, Nick Paul, Connor McDavid, Max Domi and Sam Reinhart scored for Canada to build the lead, which at its height was 5-1. Dmitri Yudin, Ivan Barbashev, Sergey Tolchinsky and Nikolai Goldobin scored for Russia, which wasted little time chipping away.

Zach Fucale finished with 26 saves, enough to get the job done with Canada clinging to a 5-4 lead. His two biggest saves may have come with 12 and four seconds left as Russia was playing with the extra attacker.

The gold medal is Canada's 16th since the tournament began in 1977.

Earlier Monday, Slovakia capped a remarkable tournament by upsetting Sweden 4-2 to win the bronze medal. Captain Martin Reway set up three goals, including Pavol Skalicky's winner early in the third period. **THE CANADIAN PRESS**

Junior Galette

Saints linebacker arrested in domestic dispute

New Orleans Saints linebacker Junior Galette was arrested Monday in a domestic violence case in which a woman says her face was scratched and her ear bloodied after an earring was ripped off.

Galette was booked with misdemeanour simple battery stemming from the disturbance at the player's house in Kenner, a New Orleans suburb. Prosecutors could later charge him. It is not clear if Galette, who left jail on \$600 bond Monday afternoon, has a lawyer.

The Saints said they are aware of the arrest and are gathering information. NFL spokesman Greg Aiello said the league knows of the arrest and is "looking into it."

THE ASSOCIATED PRESS

Baseball Hall of Fame

Trio of first-ballot pitchers primed for induction

Randy Johnson, Pedro Martinez and John Smoltz appear to be shoo-ins for election to the Hall of Fame in what is shaping up as the baseball writers' biggest class of inductees in 60 years.

When the Hall of Fame reveals the results Tuesday at 2 p.m. on the MLB Network, holdover Craig Biggio and perhaps Mike Piazza could join those three first-ballot pitchers who were utterly dominant in a hitters' era of artificially bulging statistics.

THE ASSOCIATED PRESS



Blake Wheeler of the Jets fends off the Sharks' Marc-Edouard Vlasic at the MTS Centre on Monday night. TREVOR HAGAN/THE CANADIAN PRESS

Sharks down Jets with late goal

Marc-Edouard Vlasic scored with 2.9 seconds remaining to give the San Jose Sharks a 3-2 win over the Winnipeg Jets Monday night.

Joe Pavelski won an offensive zone faceoff to Logan Couture, who set up Vlasic to snipe the winning goal past Jets goaltender Michael Hutchinson.

Brent Burns and Melker Karlsson also scored for the Sharks, while Andrew Ladd and Jay Harrison replied for the Jets.

The clubs entered the night holding both of the

On Monday

3

Sharks

2

Jets

Western Conference's wild-card playoff spots. The Sharks (21-14-5) moved into a tie with Vancouver and Los Angeles for second in the Pacific Division.

Hutchinson, who entered

the game leading the league in save percentage and goals-against average, stopped 34 of 37 shots. Making his fifth start in six games, Hutchinson continued to see an increased workload at the expense of longtime starter Ondrej Pavelec.

Niemi made 17 saves on 19 shots in his eighth start in nine games.

The Jets begin a three-game West Coast road swing Thursday in Arizona, while the Sharks continue their three-game trip Tuesday in Minnesota. **THE CANADIAN PRESS**

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

Aries

March 21 - April 20

Serious thoughts should be shoved to the back of your mind today. This is not a time to focus on money or career matters, this is a time to indulge in life's lighter side.

Taurus

April 21 - May 21

If you can afford the time and money this is a good time to take a vacation.

Gemini

May 22 - June 21

You will find yourself at odds with someone in a position of authority today and you may have no choice but to back down, even though you believe you are in the right.

Cancer

June 22 - July 23

You need to stay on your toes both physically and mentally, because unexpected events will test you to the limit.

Leo

July 24 - Aug. 23

Dealing with other people's problems will take up a large slice of your time today and while it may be a bore it will also put you in the good books of people whose help you may need in the future.

Virgo

Aug. 24 - Sept. 23

You need to get tough with someone who seems to delight in placing obstacles in your path. Let them know that if they can't be a team player then there is no point in their hanging around.

Libra

Sept. 24 - Oct. 23

What is right for other people won't necessarily be right for you today, so don't follow their example just because you think it is expected of you.

Scorpio

Oct. 24 - Nov. 22

It does not matter what level you are on at this moment, you are very much on the up. So keep climbing.

Sagittarius

Nov. 23 - Dec. 21

Don't let other people's complaints and criticisms get to you today. You may look confident on the outside but a worm of doubt is burrowing its way into your mind and your rivals will play on that if you give them the chance.

Capricorn

Dec. 22 - Jan. 20

You may be in a positive mood at the moment but one particular person desperately needs cheering up. Whatever it is that is wrong help them see it is of no real consequence.

Aquarius

Jan. 21 - Feb. 19

Anyone who tries to tell you what to do today will soon be wishing they had kept out of your way.

Pisces

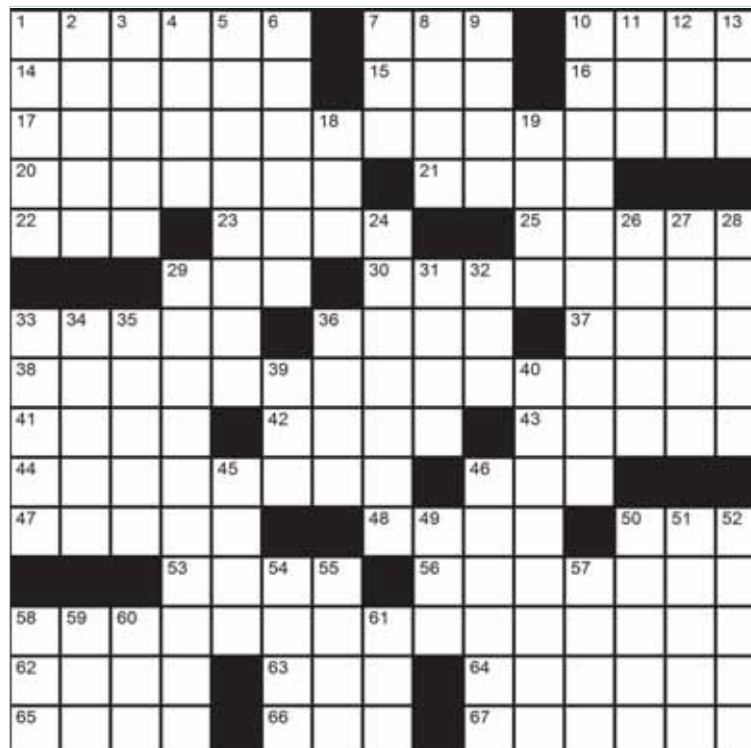
Feb. 20 - March 20

Mixed signals are likely today and you could find yourself laughing when others expected you to be sad.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Geeks
7. Gird
10. Canadian singer/songwriter Steven
14. Imp
15. Q. "Is 'B' the first letter?" A. "_, ' _' is."
16. Van Halen drummer
17. 1887 novel in which Sherlock Holmes makes his debut: 4 wds.
20. Dough prepper
21. Arctic seabird
22. Dawn goddess
23. Invitation letters
25. Flees
29. 15th Prime Minister's monogram
30. Saskatchewan town
33. Stars, in Latin
36. Be in harmony
37. Person being taken for granted
38. Coaches puller, as per #29-Down: 2 wds.
41. Hagar The Horrible's daughter
42. Jazz vocalist Ms. Anderson
43. Ms. Gilpin's of "Frasier"
44. Katniss _ (Jennifer Lawrence role)
46. Lucy's hair hue
47. Make the score even again
48. Actor Will
50. Clothing size choices
53. 'Within'-meaning



Down

56. Superstate in Nineteen Eighty-Four
58. Whistler Blackcomb and Mont-Tremblant: 2 wds.
62. Casino game
63. High deg.
64. _ of luck
65. Dr. Cristina _

- (Canadian actress Sandra Oh's role from "Grey's Anatomy")
66. Ascertain
67. Multi- _ (One doing it all)
1. Sir Francis _ (16th-century English explorer)

2. "Hey! That _ _ _ _ _ accident!"
3. Actor Rob
4. S. Amer. country
5. Nightmare: 2 wds.
6. Most cunning
7. Ms. Jillian
8. Katharine of "The Graduate" (1967)
9. The _ (Cabaret

- style theatre in Charlottetown)
10. Partook in the activity at #58-Down
11. _-inclusive
12. "Gosh!"
13. Office tel. line
18. Mr. Berlin, briefly
19. Canberra's country, curly

24. Setting a dollar amount
26. Group ruled by Odin
27. Rome's coin-collecting fountain
28. Daggers
29. _ _ _ Central Railway (Operating vintage train attraction in Winnipeg)
31. Hautbois
32. Theological sch.
33. Peter of '60s pop duo Peter and Gordon
34. Kitchen appliance
35. Dogma
36. "By _ , I think she's got it!"
39. Whopper
40. The Merry Widow, for one
45. Athapaskan-speaking people of the Northwest Territories
46. Put new actors in roles
49. Geological period
50. Fish of brackish waters
51. Whale type
52. Popular printer
54. Cook's li'l quantities
55. Prince album: 'Sign ' _ _ Times'
57. Affectations
58. _ diving
59. Mauna _ (Hawaiian volcano)
60. Lodge
61. Chemical suffix

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers



Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



©2013 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.



RED RIVER COLLEGE

Tuesday, February 17, 2015
12pm - 3pm | 5pm - 8pm

Wednesday, February 18, 2015
9am - 2pm

Open House
rrc.ca/openhouse



THE UNIVERSITY OF
WINNIPEG

Professional, Applied and
Continuing Education

EDUCATIONAL ASSISTANT DIPLOMA PROGRAM

NEXT PROGRAM STARTS
JANUARY 30, 2015

- Only diploma-level program in Manitoba
- Practicums arranged by UWinnipeg
- Be job-ready in 6 months!

Be part of PACE //
where innovation meets quality!

To speak with an advisor call,
204.982.6633



pace.uwinnipeg.ca

DISCOVER · ACHIEVE · BELONG